



COVID-19 RECOMMENDATIONS

HAWAII DEPARTMENT OF HEALTH

WHAT HOUSEHOLD CONTACTS OF PERSONS WHO HAVE BEEN TESTED FOR COVID-19 SHOULD DO

- ☐ All household contacts should remain at home until test results return
- ☐ If COVID-19 test results are **NEGATIVE**, household contacts to the person who was tested may leave home if they are symptom-free
- ☐ If COVID-19 test results are **POSITIVE**:
 - Household contacts must remain at home until 14 days **AFTER** the person with COVID-19 is released from isolation
 - Household contacts who develop symptoms of COVID-19 (fever, cough, shortness of breath) should call their usual healthcare provider and let them know they have been in contact with a person with COVID-19
- ☐ Have sick person keep to a separate bedroom and bathroom (if possible)
- ☐ If the person cannot be separated, have the person wear a facemask when around others
- ☐ Avoid having any unnecessary visitors
- ☐ Monitor the sick person for worsening symptoms
 - Contact the person's healthcare provider if symptoms get worse
 - Call 911 for medical emergencies (inform dispatch personnel that the person has COVID-19)
- ☐ Prevent the spread of germs
 - Avoid sharing personal household items (e.g., dishes, towels, bedding)
 - Clean hands often
 - Wash hands often with soap and water for 20 seconds. Always wash immediately after removing gloves and after contact with a sick person
 - If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol.
 - Avoid touching your eyes, nose, and mouth with unwashed hands
 - Clean and disinfect all frequently touched surfaces (e.g., tables, doorknobs, light switches, handles, phones, keyboards, toilets, sinks, faucets, etc.)
 - Food
 - The sick person should eat (or be fed) in their room or away from others
 - Wash dishes and utensils using gloves and hot water
 - Clean hands after handling used food service items
 - Laundry
 - Wear disposable gloves
 - Wash hands with soap and water as soon as you remove the gloves
 - Trash
 - If possible, dedicate a lined trash can for the sick person.
 - Use gloves when removing garbage bags and handling/disposing of trash
 - Wash hands afterward